

Course details

Course title

Art Practical: A short introduction to Mindful Doodling

Course code

Q00014455

Course date

Start: 05/06/24

End: 26/06/24

Number of classes

4 sessions

Timetable

Wed 5th Jun, 17:30 to 19:30

Wed 12th Jun, 17:30 to 19:30

Wed 19th Jun, 17:30 to 19:30

Wed 26th Jun, 17:30 to 19:30

Tutor

Nikki England

Fee range

Free to £29.60

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Qualification name & awarding organisation

Art Practical: A short introduction to Mindful Doodling ()

Level of study

Beginners

Course overview

Mindfulness through creative doodling – a short taster course for beginners to have a go and learn some simple doodling techniques that can help you to relax. Enjoy creativity in the moment without worrying about making mistakes or feeling pressured to succeed as there is no ‘right’ way and no mistakes. The marks you make are part of a process of relaxation and not a measurement of success, so you can enjoy the process of doodling without the need to compare your results with others. Follow simple step-by-step instructions and have a go. This is a relaxing and enjoyable course for beginners.

Course description

Join a friendly and relaxed online group as we explore some introductory ideas, practices and concepts around mindful doodling. Were you told at school that you couldn’t draw? Do you want to have a go anyway? Do you want the freedom to make ink marks on paper without worrying about the results? Mindful doodling is a great way to relax whilst exploring simple drawing techniques. Most people are surprised at how relaxed they feel and the beautiful things they create when following simple mark making step-by-step instructions. Bring along your art supplies and tangle with tutor Nikki as she demonstrates some simple mark-making techniques that can create not only beautiful artworks but a sense of calm.

We will look at a few doodling techniques alongside basic shading to add dimension, different methods of composition and appreciation of your own (and others’) finished pieces. Although we will focus on the joy of the process, we will spend some time admiring the finished product – what do you like most in your artwork or what did you enjoy about the process?

A list of materials will be provided closer to the time but all that you really need is a pen, pencil, a piece of paper and the desire to have a go.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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